



MEDUNA HEALTH
INTERNATIONAL

Grandie's Vegan Moringa Muffins

Recipe by Dr. Nancy McEndree

Yields approximately 25 mini muffins or 12 regular muffins or 8 jumbo muffins

Total Time 55 minutes Prep Time 15 minutes Cook Time 40 minutes

Ingredients:

4 cups Old Fashioned Oat Flour (Old Fashioned Oatmeal blended with a VitaMix Blender)
3 cups Coconut milk
2 Egg replacer eggs
1 cups Honey
1 teaspoon Salt
3 teaspoons Baking powder (heaped teaspoons)
3 teaspoons Baking soda (heaped teaspoons)
1 Cup Dried cranberries
1 Cup Walnut pieces
1 Whole Orange
1 tablespoon Vanilla extract
½ Cup Grapeseed oil
2 teaspoons Xanthan gum
1 ½ teaspoons Moringa powder

Directions:

1. Preheat oven to 375°F
2. Place the muffin papers into the muffin tin
3. Cut the orange, including rind and seeds, into small pieces. Place orange and walnuts in blender. Blend a few pieces together at a time – usually takes 3-4 cycles to blend it all together
4. In a large bowl, combine all the ingredients and leave to stand for 10 minutes
5. Spoon the mix into the muffin papers until each paper is full
6. Bake muffins in the middle of the oven for 40 minutes or until a toothpick inserted into middle of muffin comes out clean. Watch carefully to avoid burning.

Consider changing the fruit! Try adding lemon, dried blueberries or dried raspberries instead of dried cranberries. Let us know what you think of this original healthy recipe!